

Anger is

1. Uninstructable and unyield
2. unmerciful, sparing neither friend nor foe, but tears all to pieces & casts human nature into a perpetual state of war.

3. To no purpose

the injury itself is easier to be borne than is the anger that resents it.

It makes us hate the happy, despise the miserable; envy the superior, insult the inferior. Angry persons are the common enemies of mankind.

4. Is weakness, not strength
5. Not justice, which is calm & temperate

The anger itself which has
been provoked is ~~a greater~~
does ~~not~~ greater harm
than the injury which
provoked it.

Anger is dynamite, blowing up
Love, friendship, confidence &
^{peace, goodness,} trust all in a moment.

When one speaks ^{or acts against} of you,
ask yourself the question "do I deserve
this judgment" - and if you do
be thankful for it. But if you
do not deserve it, bear in mind
that he who heaps injustice
upon another injures himself.